

Self-Care Tool for Adults

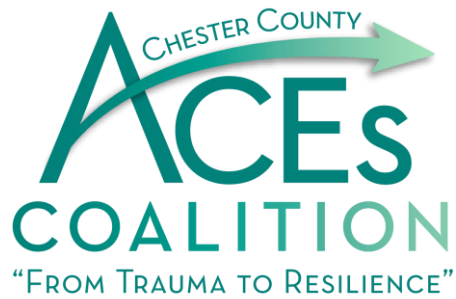
When a person has experienced significant Adverse Childhood Experiences (ACEs), their body may make more or less stress hormones than is healthy. This can lead to physical and/or mental health problems, such as diabetes, heart disease, anxiety, smoking, or unhealthy use of alcohol or other drugs. The following tips can help you manage your stress response. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social connections, and getting mental health support can help decrease stress hormones and improve health. Here are some goals you can set to support your health.

(Check the goals that you are choosing for yourself!)

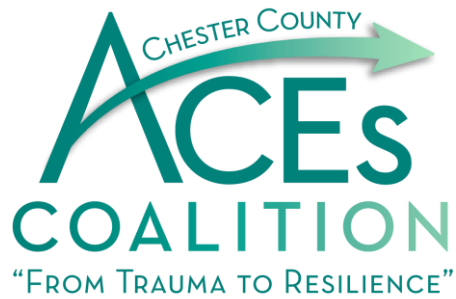
- **Healthy Relationships.** I've set a goal of...
 - Spending more high-quality time together with loves ones, such as:
 - Having regular meals together
 - Having regular "no electronics" time for us to talk and connect with each other
 - Making time to see friends and create a healthy support system for myself
 - Connecting regularly with members of my community to build social connections
 - Asking for help if I feel physically or emotionally unsafe in my relationships
 - The National Domestic Violence hotline is **800-799-SAFE (7233)**
 - The National Sexual Assault hotline is **800-656-HOPE (4673)**
 - To reach a crisis text line, **text HOME to 741-741**
 - Create your own goal: _____

- **Exercise.** I've set a goal of...
 - Walking at least 30 minutes every day
 - Finding a type of exercise that I enjoy and doing it regularly
 - Create your own goal: _____

- **Nutrition.** I've set a goal of...
 - Eating a healthy breakfast daily (includes protein, whole grains, and/or fruit)
 - Drinking water instead of juice, soda, or tea



- Limiting my alcohol consumption
 - Eating at least 5 fruits and/or vegetables a day
 - Choose whole wheat bread and brown rice instead of white bread or rice
 - Create your own goal: _____
- **Sleep.** I've set a goal of...
- Being consistent about going to bed at the same time every night
 - Creating a cool, calm, and quiet place for sleep and a relaxing bedtime routine
 - Using mindfulness or other stress reduction tools if worry is keeping me up at night
 - Turning off electronic devices at least 30 minutes before bed
 - Create your own goal: _____
- **Mindfulness.** I've set a goal of...
- Taking moments throughout the day to notice how I'm feeling, both physically and emotionally
 - Practicing mindful breathing or other calming technique(s) during stressful situations
 - Finding at least one thing to be thankful for each day
 - Creating a regular routine of prayer, meditation, or yoga
 - Downloading a mindfulness app on my phone and doing a mindfulness practice 20 minutes per day
 - Create your own goal: _____
- **Mental Health.** I've set a goal of...
- Learning more about mental health and/or substance use services such as counseling, support groups, medications, etc.
 - Identifying a local mental health professional or support group
 - Scheduling an appointment with a mental health professional
 - If I am feeling like I am in crisis, I will get help
 - The National Suicide Prevention Lifeline is **800-273-TALK (8255)**
 - To reach a crisis text line, **text HOME to 741-741**
 - Create your own goal: _____



- **Self-Care.** I've set a goal to...
 - Limit screen time to less than ____ hours per day
 - Make a plan for what to do when I'm feeling stress out, angry, or overwhelmed
 - Make regular appointments with my medical provider(s), including for preventive care
 - Identify my strengths and learning more about building resilience
 - Create your own goal: _____

For more information, please visit:

The Chester County ACEs Coalition: www.CCACEsCoalition.com

Chester County Department of Mental Health/Intellectual and Developmental Disabilities:
<https://chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>

Chester County Drug and Alcohol Services: <https://chesco.org/216/Drug-and-Alcohol>

*This tool was developed from the ACEs Aware Self-Care Tool for Adults. Visit their website for additional information and tools: www.ACEsAware.org